

‘In The Balance’ Exercise Program

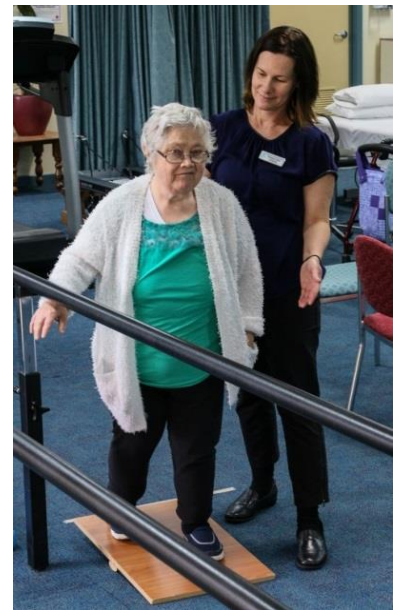
‘In The Balance’ is a group exercise program run by our Physiotherapy and Exercise Physiology staff.

In The Balance can help you:

- With your balance
- With your muscle strength
- To reduce your chance of having a fall

This program is on:

Date: Fridays
Time: 10.30 – 11.30 am
Cost: \$5 a week
Venue: Physiotherapy Gym
Sunbury Community Health
12–28 Macedon Street, Sunbury



Are you interested in joining ‘In The Balance’?



Please call Physiotherapy on 9744 4455

You will need an assessment before you start this program to check this is the right exercise group for you.

This program is supported by Australian Government Department of Social Services via the Commonwealth Home Support Program – www.dss.gov.au

